Wednesday, September 25, 2013

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NEWS WORTH SHARING.

Rock stars of the rainforest

We're talking about frogs, of course, and these bad boys and girls are coming to Ottawa for a stint at the Museum of Nature PAGE 4

Constitution crib notes

You could create from scratch a document forming the foundation of everything in your newly created country. Or just Google it PAGE 11

UM, WHY DO YOU CARE ABOUT ME SO MUCH?

DON JON STAR SCARLETT JOHANSSON TALKS ABOUT HOW SHE DOESN'T UNDERSTAND WHY PEOPLE ARE SO INTERESTED IN HER LIFE. AND INTERNET FREEDOM PAGE 13

WHO WILL COOK OUR BREAKFAST NOW?

After 20 years cooking up breakfast for regular folks and a coterie of famous clients, including Mayor Jim Watson, Canadian superband Blue Rodeo, skater Elizabeth Manley and former mayor Larry O'Brien, Ada's Diner owners Wilf and Ada Laham are selling their eatery and retiring. Story, page 4.

DENIS ARMSTRONG/FOR METRO

Jailed woman denied cancer treatment wins settlement

Solitary confinement. Human-rights commission deal may lead province to change how it handles prisoners with mental illness

DENIS ARMSTRONG
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A mentally ill woman who was denied treatment for terminal cancer when she was jailed in solitary confinement in Ottawa for 210 days was awarded an unspecified amount in damages in a settlement that may change the way Ontario handles mentally ill prisoners.

Christina Jahn filed a complaint against the Ministry of Community Safety and Correctional Services to the Human Rights Tribunal, claiming that the Ottawa Carleton Detention Centre discriminated against her when it locked her in isolation.

Jahn alleged she spent 23 hours a day in isolation during two separate stays at the Innes Road detention centre during which she missed scheduled surgery and chemotherapy.

Once released, her cancer had become dangerously advanced to the point where she received a mastectomy.

Tuesday's decision means that the province of Ontario will screen inmates for mental illness and train staff to better deal with psychological issues.

It also agreed to conduct a study to measure the need for a secure treatment centre for mentally ill female offenders within 18 months. The province currently operates a 100-bed treatment centre for men, but no such facility exists for women.

Human-rights advocates welcomed Tuesday's decision by the Ontario Human Rights Tribunal as a huge step in the right direction.

Critics of the current system, such as defence lawyer Doug Baum, say the changes are long overdue.

"It's about time," Baum, who heads the Criminal Defence Council, bluntly assessed.

"Jahn isn't the first mentally ill person to experience distress inside the penal system," he said.

"It's no secret to those working inside the system that many people who are incarcerated are not there because of criminal intent, but because they are mentally ill and have committed minor infractions.

"They shouldn't be in jail in the first place. They need hospitalization. This decision is a huge gain for the province that spends far too much money on people who should not be in the prison system in the first place. In the end, this will create a huge saving to the province."

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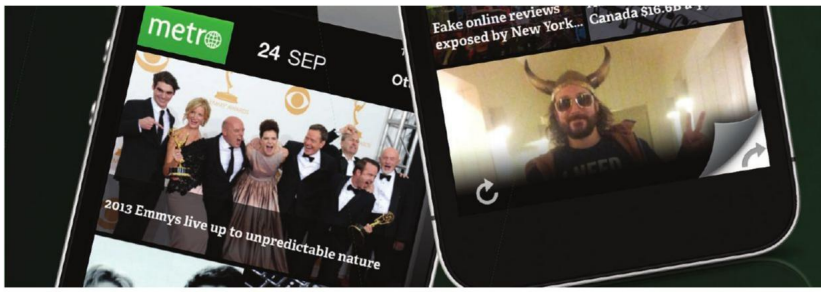

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Deadly crash

Train-whistle ban does exist, says city's top lawyer

There is in fact an old City of Nepean bylaw regulating when trains can blow whistles, says City of Ottawa solicitor Rick O'Connor.

Questions were raised following a comment by Rob Johnston, the lead investigator for the Transportation Safety Board looking into last week's deadly VIA Rail and OC Transpo crash.

Johnston said there was a "municipal whistle ban" that prevents the noise at the transitway rail crossing from 8:00 p.m. until noon.

While staff could find no ban in Ottawa's current noise bylaw, the city archivist searched the bylaws of the former City of Nepean and found a bylaw that was approved in 1987, O'Connor wrote. METRO

Pro baseball proposal

Let's play ball, city staff say

A staff report to be considered by Ottawa's finance and economic development committee recommends approving an offer from the Canadian American Association of Professional Baseball to lease the Ottawa Stadium and return professional baseball to the capital, a city news release said.

If approved, international pro baseball would begin in May 2015 with an Ottawa team joining five others in the Can Am league and 50 home games hosted at the Ottawa Stadium. METRO

Michael Swan was shot and killed after three men stormed into his Barrhaven home on Feb. 22, 2010. FACEBOOK

Alleged killers were after drug stash: Crown

Home-invasion trial. First witness set to testify Wednesday

JOE LOFARO
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Three Toronto-area men accused of first-degree murder in the death of 19-year-old Michael Swan stopped Swan's girlfriend from getting him help as he bled on his bedroom floor, an Ottawa jury was told Tuesday.

The trial for two of the accused — Kristopher McLellan, 23, and Kyle Mullen, 23 — opened with Crown prosecutor Dallas Mack laying out his theory of how a night of watching TV on Feb. 22, 2010, suddenly ended with a violent invasion of a Barrhaven home.

The third and fourth accused are expected to be tried separately next year.

The Crown's theory has not yet been proven and both McLellan and Mullen have pleaded not guilty.

According to the Crown's theory, McLellan, Mullen and a third man — Dylon Barnett — stormed into a home on Moodie Drive demanding drugs and money. Swan was involved in trafficking marijuana, and the masked intruders wanted to know where he kept the drugs, Mack said.

He asserted that Swan refused to say, so McLellan shot him.

"It pierced his heart and lungs," said Mack. "He would be dead in a minute or two. The evidence will show that this man, the shooter, was Kristopher McLellan."

The masked intruders then asked Swan's girlfriend, Kaitlyn Scott, to give them answers as she tried to aid her bleeding boyfriend.

"They would not let her help Michael. No one ever helped Michael before he died," said Mack.

The intruders held Scott and two other roommates at gunpoint, ransacked the house and fled with video games, computers and cellphones, including Scott's BlackBerry, Mack said.

The Crown plans to show that, soon after the incident, Ottawa police tracked the intruders' location using the GPS function on the stolen BlackBerry. Responding OPP officers made an arrest on Highway 401, west of Brockville.

The Crown also told jurors a fourth accused, 21-year-old Carleton University student Sam Tsega, led the three men to Swan's home. Tsega was previously charged with second-degree murder, but a judge upgraded it to first-degree murder on Sept. 13.

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Owners of Ada's Diner hanging up aprons

Ada's about to serve her last breakfast.

After 20 years of 5 a.m. wake-up calls and serving hundreds of breakfast and lunch specials seven days a week, Ada Laham and husband Wilf, the couple who have owned Ada's Diner since 1993, will hang up their aprons one last time on Monday before they hand the reins over to Ada's new owner, Works and Za-Za-Za Pizza creator Ion Aimers.

The mom-and-pop greasy spoon located on Bank Street at Arlington has become a regular home away from home for scores of celebrities, politicians, hundreds of Centretown regulars and even the homeless, thanks to the couple's outgoing personality.

But after 20 years, they admit the daily grind of working 14-hour days has worn them down. Wilf, who is 86 and suffers from Crohn's disease, can't handle the hours serving and bussing tables anymore. Meanwhile, Ada, who is 64, admits she is reluctant to leave her post as the restaurant's prep cook and host, but wants to quit before their health issues worsen. Their only immediate plans are to take it easy.

"We didn't intend to stay here so long, but we really like our customers," Ada explained. "We have a good time. Sure, it's hard work and the hours are long, but I enjoy seeing the same people everyday. A few regulars have been coming here for 20 years. They don't have to tell me what they want. They've been our friends. I'll really miss them."

Aimers initially approached the Lahams about buying their restaurant in 2008 because he loved the corner location and its huge, south- and east-facing picture windows. He finally got that call in June, and sealed the deal over a pizza at one of his Za-Za-Za locations.

"The business model will remain basically the same," he promises. "You can get a club sandwich just about anywhere. This business is all about people, and Wilf and Ada treat people like family. They're genuinely good people. They'll be hard to replace."

DENIS ARMSTRONG/FOR METRO

From left: new Ada's owner Ion Aimers, restaurant namesake Ada Laham and her husband, Wilf, pose for a photo in the shop. DENIS ARMSTRONG/FOR METRO

Kiss me, I'm amphibian! A milk frog clings to the glass enclosure at the Museum of Nature during a media preview Tuesday for the exhibit Frogs – A Chorus of Colours. DENIS ARMSTRONG/FOR METRO

Something to croak about

Ribbit. Colourful yet shy animals put on a show at Museum of Nature

One of nature's most colourful, vocal and yet camera-shy creatures, frogs are the rock stars of the tropical rainforest.

When they aren't screaming for attention with their late-night croakings and psychedelic wardrobe, these environmentally-sensitive amphibians spend most of their day hiding in full view. That's what makes Frogs — A Chorus of Colours, which opens today at the Museum of Nature, such a playful experience for the whole family.

Think of it as Frogs — The World Tour.

Created in 2003 by Pennsylvania's Reptiland, the exhibit features more than 80 frogs representing 18 different species from around the world, including the Canadian Wood frog, which produces its own anti-freeze, allowing it to withstand temperatures as low as -10 C, the African bullfrog, a lumpen creature that can weigh as much as a kilogram, and, at the opposite end of the frog spectrum, the brightly-coloured Poison Dart frog, which contains enough venom to kill 10 people.

The frogs are displayed in glass terrariums designed to emulate their natural environment with real moss and running water.

There are more than 4,800 different species of frog found around the world.

"Frogs are among the most visually stunning, vocally interesting, and diverse group of creatures on earth," said Canadian Museum of Nature President Meg Beckel.

Frogs — A Chorus of Colours is at the Museum of Nature until May 11, 2014.

Tickets are $4. This is its only Canadian stop.

DENIS ARMSTRONG/FOR METRO

A Tomato Frog. DENIS ARMSTRONG/FOR METRO

A blue, poison dart frog is seen perching in a new exhibit at the Museum of Nature. DENIS ARMSTRONG/FOR METRO

Weighing in at one kilogram, an African bullfrog is one of the heaviest frogs in the exhibit. DENIS ARMSTRONG/FOR METRO

Founding CEO of OHRI lands in medical hall of fame

The Ottawa Hospital Research Institute.
Dr. Ronald Worton's illustrious medical career will be acknowledged with induction

JOE LOFARO
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The founding CEO and director of the Ottawa Hospital Research Institute (OHRI) is one of six people to be inducted into Canada's Medical Hall of Fame in 2014.

Dr. Ronald Worton left Toronto's Sick Kids Hospital in 1996 and came to Ottawa where he helped fuse together the research institutes of the Ottawa General Hospital and the Civic Hospital following their merger. By 2001, he was selected as director of what is known today as the OHRI. He remained at the helm for the next six years.

OHRI is now considered one of the top research centres in Canada. The centre lauds him as "a trailblazer" in disease-gene discovery, specifically for his team's discovery of the causal gene for Duchenne and Becker muscular dystrophy.

Worton said he feels "great" knowing that his work is being recognized by the Canadian medical community.

"The one thing I like about the Canadian Medical Hall of Fame ... is it's relatively unique in the world — no other country does this," said Worton. "(And) it's permanent like a hockey hall of fame. The recognition that you get is there for people to see forever. It's a physical thing."

Worton also founded the Stem Cell Network in 2001. He said one of his biggest accomplishments during his six-year tenure at OHRI was recruiting approximately 20 scientists who went on to do great work.

"We managed to expand the institute from about a $25-million-a-year operation in 2001 to $85 million a year in 2007. We increased the quality of the science dramatically, the number of papers published, the quality of the journals," he said.

Manotick's Dr. Adolfo de Bold will also receive the prestigious honour at the induction ceremony in Kingston on April 24, 2014. He served as vice-president of research at The Ottawa Hospital and was the inaugural director of the University of Ottawa Heart Institute.

The other four inductees are Dr. Max Cynader (Vancouver), the late Dr. Walter Mackenzie (Edmonton), Dr. Thomas John Murray (Halifax) and Dr. Salim Yusuf (Hamilton).

Dr. Ronald Worton is pleased to snag a spot in Canada's Medical Walk of Fame.
SUPPLIED

Time to stub out this fad?

E-cigarettes no panacea for those trying to quit: Study

A recent literature analysis by the University of Ottawa Heart Institute on e-cigarettes in Canada shows no evidence the new devices help smokers quit.

The review, published this week in the Canadian Medical Association Journal, says doctors advising patients about how to quit should keep some things in mind:

- Electronic cigarettes are meant to look like and simulate smoking, they have varying concentrations of flavouring agents and other chemicals. Not all e-cigarettes contain nicotine.
- E-cigarettes are not regulated or approved for sale in Canada.

METRO

Victim pulled into woods

Male youth charged with attacking woman in Gow Park

Ottawa police say they have arrested a male youth for attacking a woman in Gow Park in the city's Beaverbrook area in the west end.

Police say on Monday the boy approached a woman in Gow Park and pulled her into a wooded area. She struggled with the boy until he ran north into Lytle Park. The male was arrested a short time later.

The name of the accused cannot be released due to the provisions of the Youth Criminal Justice Act. He has been charged with assault and forcible confinement and is scheduled to appear in court Tuesday.

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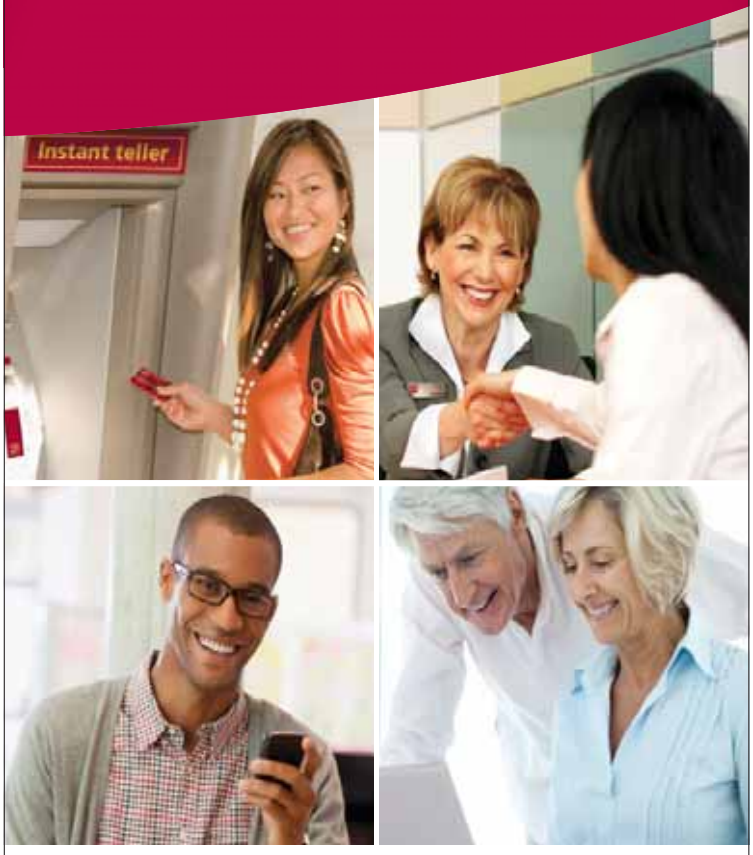

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Can you spot the likeness? Demonstrators dressed as new Iranian president Hasan Rouhani and U.S. President Barack Obama meet the media Tuesday as the UN General Assembly debates. The demonastrators called on the two leaders to negotiate a ceasefire and end the bloodshed in the Syrian crisis JONATHAN FICKIES/THE ASSOCIATED PRESS

UN chief: Cut off Syria's weapons

Urgent message. World leaders get a dressing-down: Peace faces a 'challenge'

United Nations Secretary-General Ban Ki-moon sent an impassioned, urgent message to world leaders on Tuesday.

Stop fuelling the bloodshed in Syria with weapons, he said, and get both sides to the negotiating table to end the "biggest challenge to peace and security in the world."

In his state-of-the-world address to open the annual gathering of presidents, prime ministers and monarchs at the UN General Assembly, Ban said the international response to last month's "heinous use of chemical weapons" in Syria "has created diplomatic momentum — the first signs of unity in far too long."

Ban called on the Security Council to adopt an "enforceable" resolution on a U.S.-Russian agreement to put Syria's chemical weapons under international control for destruction.

He also called for help to bring to justice the perpetrators of the Aug. 21 chemical weapons attack outside Damascus. THE ASSOCIATED PRESS

Quoted

"It's time for Russia and Iran to realize that insisting on Assad's rule will lead directly to the outcome they fear: an increasingly violent space for extremists to operate."

President Barack Obama at the UN

Syria drama

Spanish media man kidnapped

Spain's interior minister says a correspondent from the Spanish newspaper El Periodico has been kidnapped in Syria by an organization linked to al-Qaida.

Jorge Fernandez Diaz said Tuesday his ministry was working for the release of Marc Marginedas, 46, who has not been seen since Sept. 4 when the car he and his driver were in was stopped by armed jihadists near Hama.

El Periodico says Marginedas entered Syria from Turkey on Sept. 1. THE ASSOCIATED PRESS

Special visas. Brazil lays out the welcome mat for Syrian refugees

Syrians who want to leave their conflict-wracked nation and travel to Brazil will be granted special visas to travel to Latin America's biggest country, the government said Tuesday.

The government's official gazette announced that the National Committee for Refugees authorized the foreign ministry to issue the visas for "humanitarian reasons."

This will allow Syrians affected by the conflict and the "deterioration of living conditions" to enter Brazil.

Brazil decided to make it easier for Syrians to enter the country given the "major humanitarian crisis" afflicting the country, the "large number of refugees created by the conflict" and the "large number of Syrians seeking refuge in Brazil." THE ASSOCIATED PRESS

Their new life

Brazil has a Syrian immigrant community estimated at about three million.

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Panic in streets. People pray for their lives as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote southwest area.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and nearby Khuzdar.

Local officials said they were sending doctors, food and 1,000 tents for people who had nowhere to sleep.

THE ASSOCIATED PRESS

Birth of an island?

Witnesses reported seeing a small island appear off the port of Gwadar after the quake. The island was said to be about nine metres high and 100 metres long.

Breaking the news: A woman takes to her cellphone after rushing from her apartment after the quake hit. SHAKIL ADIL/THE ASSOCIATED PRESS

Cold-blooded mall killers unleash callous tweets

Too distraught to even weep: Relatives of a victim of the Kenya mall massacre comfort each other after they identify his body at the Nairobi city morgue on Tuesday. JEROME DELAY/THE ASSOCIATED PRESS

Kenya atrocity. As bodies pile up and a nation reels in shock, invaders take to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut the account down five times. But each time the terror organization al-Shabab started a new feed.

The sixth account was a post Tuesday linking to a photo that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

The attack began on Saturday when an estimated 12 to 15 al-Shabab militants invaded the mall.

They wielded grenades and fired on civilians inside the complex, which includes shops for Nike, Adidas and Bose and is popular with foreigners and wealthy Kenyans.

Kenya's President Uhuru Kenyatta said the dead included 61 civilians whose bodies have been recovered so far and six security forces.

Some 175 people were injured, the president said.

THE ASSOCIATED PRESS

Quoted

"Those cowards will meet justice, as will their accomplices and patrons, wherever they are."

Kenya President Uhuru Kenyatta, in a televised address to the nation.

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Disgraced Chinese politician appeals guilty verdict

Bo Xilai. Former Politburo member faces life in prison after being found guilty of bribery, embezzlement and abuse of power

Fallen politician Bo Xilai, centre, is held by police as he stands at the court in Jinan, China, on Sunday. JINAN INTERMEDIATE PEOPLE'S COURT/THE ASSOCIATED PRESS

Disgraced Chinese politician Bo Xilai has appealed his guilty verdict, a person close to the case said Tuesday, in a rare move that is consistent with his defiant stance but unlikely to change the outcome.

The person with direct knowledge of the case, but who did not wish to be identified, said the former Politburo member made the appeal orally upon the delivery of the verdict issued by the Jinan Intermediate People's Court in eastern China on Sunday.

The court announced that it found Bo guilty of embezzlement, bribery and abuse of power and sentenced him to life in prison. A copy of the verdict was later delivered to Bo, when he informed the court of his decision to appeal, the source said.

Chinese law allows appeals to be made orally, and the source said a written appeal to the higher court — Shandong Provincial Supreme People's Court — would also be submitted soon. THE ASSOCIATED PRESS

Brazil

World Cup soccer stadium could be used for prisoners

A World Cup stadium being built in the isolated Brazilian state of Amazonas may not become a white elephant after all. At least one judge in the area has come up with a post-World Cup use: a prisoner processing centre.

Brazil is readying 12 stadiums for next year's World Cup, and several will be little used after the tournament. THE ASSOCIATED PRESS

Czech Republic

$4.5M in fake penis pills seized

Customs officials in the Czech Republic say they have recently seized almost 200,000 fake erectile-dysfunction pills at Prague's Vaclav Havel airport. In a statement Tuesday, the administration said it was a record seizure and that the value of the 194,300 Cialis and Viagra pills would have been $4.5 million US.
THE ASSOCIATED PRESS

Bronze Fonz approves

British artist David Shrigley's 10-metre bronze thumb sculpture, which is one of six proposals for the fourth plinth in Trafalgar Square, is exhibited Tuesday in St Martin-in-the-Fields Church in London. Six works of art were unveiled in miniature on Tuesday, two of which will eventually be chosen for display on Trafalgar square's empty "fourth plinth," one of the city's major platforms for public art. SEAN DEMPSEY/THE ASSOCIATED PRESS

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TO ENTER

Teacher takes wrong turn, runs marathon

Meredith Fitzmaurice
COURTESY MEREDITH FITZMAURICE

I'll just run with it.
34-year-old teacher starts the half-race, ends up the first woman to complete the full race

LUKE SIMCOE
Metro Online

Meredith Fitzmaurice celebrated her win at Sunday's Run for Heroes Marathon in Amherstburg, Ont., despite not having entered the race.

The runner from Belle River, Ont., had signed up for the 21.1-kilometre half marathon, but after a wrong turn landed her on the full marathon course, she just kept going.

"As I was looking at my watch, I was thinking something's wrong. Where's the finish line?" she said.

After realizing her mistake, the 34-year-old teacher checked with a race official to see if she would be eligible to finish.

Just do it

"And once he said I was good to go, my adrenaline just kicked in."
Meredith Fitzmaurice, after accidentally winning her first marathon

"The guy was awesome," she said. "And once he said I was good to go, my adrenaline just kicked in."

In the end, Fitzmaurice finished her very first marathon with a time of 3:11:48. She was the first woman to cross the finish line and 10th overall.

"I didn't even realize I was the first female until people started yelling at me and high-fiving me," she said. "Once I crossed the finish line and realized the magnitude of what I had done, I started crying."

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'Hollow Flashlight.' 15-year-old Canadian wins Google science fair

A 15-year-old Victoria student who invented a flashlight powered by body heat is one of the big winners at Google's annual international science fair.

Ann Makosinski won in the 15-16 age category, beating out thousands of other budding young scientists from around the world.

The "Hollow Flashlight" runs off the heat of the hand holding it, using special tiles that generate electricity from the heat flow between the palm on one side and the ambient air on the other.

The Grade 10 student at St. Michael's University in Victoria says she will explore more ways to use the technology to reduce battery use, including possibly in medical devices.

Makosinski received a $25,000 scholarship with four other winners at a gala ceremony in California on Monday night. THE CANADIAN PRESS

Edmonton

Police suspect teens overdosed on synthetic marijuana

Two Edmonton-area teenagers are in hospital after overdosing on what is believed to be a designer drug that federal health authorities have warned can potentially kill.

RCMP say they got word Monday afternoon about a 14-year-old boy in St. Albert having seizures in a back alley.

A 16-year-old boy was later reported to be in medical distress at a school parking lot in the city.

The younger teen remains unconscious while the older boy is awake and in stable condition.

Police think the pair used synthetic marijuana, known as K2 or Spice, which Health Canada said in July could trigger a range of traumatic effects that may lead to death. CHED/THE CANADIAN PRESS

This little Piggy went to the Smithsonian. Kermit's girlfriend joins him in D.C.

Miss Piggy is finally joining her love, Kermit the Frog, in the Smithsonian Institution's collection of Jim Henson's Muppets, and Bert and Ernie will have a place in history, too.

The newest donation from the Henson family includes Miss Piggy, Fozzie Bear, Scooter and the Swedish Chef from The Muppet Show. Muppets from Sesame Street joining the collection include Bert and Ernie, Elmo, Cookie Monster, Grover and Count Von Count. THE ASSOCIATED PRESS

Miss Piggy is dressed up during a ceremony in Washington Tuesday.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

The home page of Google's Constituteproject.org. SCREENGRAB

Need to build a country? Google's got you covered

Politics. Metro talks to product manager Sara 'Scout' Sinclair Brody about a new database of founding documents

KIERON MONKS
Metro World News

Not content with its recent announcement of a life-extension clinic, Google has unveiled a program to help nations create constitutions. Constitute provides a database of every founding document and amendment across the world since 1789, broken down into topics for ease of reference. It has been endorsed by heads of state from Tunisia and Kyrgyzstan, and Sara "Scout" Sinclair Brody, Google Ideas product manager, says there is no catch.

How would you describe this service?
It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?
There is a specific demand, uncovered by our partners at the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful interface.

Are constitutions not outdated yet? Why do people argue over interpretation of a 300-year-old scroll?
For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do.

Sara "Scout" Sinclair Brody, Google Ideas product manager
COURTESY GOOGLE

But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.

Should Google really be involved in the formation of nations, particularly those in crisis?
Some people think it's surprising — but they should realize this is a tool for providing information, rather than seeking to have an influence.

It must be fun working at (think/do tank) Google Ideas. What do you guys do all day?
It's really about creating partnerships, working with other organizations in parts of the world that are repressive or unstable. We try to empower people doing great work, and give it a technological twist.

Won't world leaders now just copy each other's homework?
On the contrary, I expect more variation. All drafts before now have relied on prior texts, and in some cases copying and pasting entire clauses. If you can see what everyone else has done you can see the wealth of options, you can customize the phrasing, and make it workable for your population.

New legislation

Ont. bill aims to reduce taxes for small businesses

Ontario's governing Liberals are moving ahead with a budget promise that would make big businesses shoulder more of the tax burden to give smaller employers a break. Finance Minister Charles Sousa introduced legislation Tuesday to stop large companies from claiming the employee health-tax exemption so more small firms can qualify. THE CANADIAN PRESS

Regina

Giddy up! Barbie takes a turn as an RCMP officer

Barbie is suiting up in Red Serge for a limited-edition doll. The Mountie Barbie represents Canada as part of the iconic figurine's Dolls of the World collection and features her wearing the dress uniform of the Royal Canadian Mounted Police. It's being sold at the RCMP Heritage Centre in Regina and the official Mountie Shop in Ottawa. ALYSSA MCDONALD/METRO IN REGINA

Fast food

Crinkle-cut fry chops out some of the fat, BK says

Burger King Canada is introducing a new crinkle-cut french fry on Wednesday that it says is less fattening than regular fries. Gratifries have six grams of fat and 145 calories per 70-gram serving, compared to 11 grams of fat and 222 calories of other leading fast-food fries, the chain says. A free-sampling promotion will begin next month. METRO

Market Minute

DOLLAR 97.07¢ (-0.16¢)

TSX 12,848.89 (+37.72)

OIL $103.13 US (-46¢)

GOLD $1,316.30 US (-$10.70)

Natural gas: $3.50 US(-10¢)
Dow Jones: 15,334.59 (-66.79)

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job — a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

Sears Canada spokesman Vince Power said McDonald hasn't informed the company where he's going, but he disputed a report that McDonald was leaving due to a disagreement with majority shareholder Sears Holdings Corp.

Desjardins Securities analyst Keith Howlett called the move a negative for the company, saying McDonald's departure reduces the probability of an operating turnaround.

"Our view was that McDonald was a talented, energetic retail executive and might have been able to accomplish a turnaround against what we perceive as long odds," Howlett wrote in a note to clients.

Incoming CEO Campbell joined Sears Canada in March 2011. He graduated from the U.S. Naval Academy with a degree in economics, before serving as a commissioned officer in the U.S. Marine Corps and receiving an MBA from the Wharton School. THE CANADIAN PRESS

Outgoing Sears CEO Calvin McDonald
TORSTAR NEWS SERVICE FILE

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CAPTAIN KIRK AFRAID TO FLY?

JUST SAYIN'

Paul Sullivan
metronews.ca

"Space: the final frontier. These are the voyages of the starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no one has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a let-down to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic space ship, scheduled to lift off on Christmas Day.

I mean, come on, Jim — I mean Bill — it's hardly a five-year mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above the Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk — I mean Shatner — isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spiderman is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science-fiction future.

With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than an entertainment. It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of trekkies everywhere — including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space-flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and Russell Brand.

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

ZOOM

Blazing saddles ignite relief

NAOMI JELLICOE/REX FEATURES

Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing-fire stunt jump, with hundreds of fans cheering in joy and relief. METRO

Hot hot heat

"We couldn't can it after 55 years. It is a tradition that is part of this club. Had the conditions been different — if it was windy — we probably wouldn't have done it."

Allan Staunton,
Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. Soundcloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.

CONTRIBUTED

Deep and Disco

Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it you will have cleaned your entire house.

Domino Record Co.

A lovingly tended and eclectic U.K. record label that's home to a roster of artists — including Canada's Austra — that any other company should envy. No matter your taste, finding something new to love is a sure bet.

Modular People

An Australian label that sticks pretty close to electronic music that gets your feet moving. There's already a few hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is very pressing issue. A solution is to help the children openly express their emotions.

With this is mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible, children will start to expand their gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences, and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li,
Mississauga, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt, left, and Scarlett Johansson star in Don Jon. CONTRIBUTED

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says.

"But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet."

In control

What she really wants to do is direct. And it might not be far behind.

- **Taking the chair.** While pal Joseph Gordon-Levitt might have beat her to the director's chair with Don Jon, Scarlett Johansson won't be far behind. "I'm actually directing a film next summer, which is an adaptation of a (Truman) Capote novella called Summer Crossing," she says. "It's something I've been working on for what feels like forever. It's been about six years, and we're finally going to do it."

Quick interview

Danza talking about Don Jon

A few weeks ago, Taxi turned 35. That and Who's the Boss? are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in Don Jon.

Your character in Don Jon isn't very redemptive.
He's not redemptive at all. But everybody you play you love. Tommy Korman in Honeymoon in Vegas is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

How was Joseph Gordon-Levitt as a first-time feature film director?
He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society. MATT PRIGGE/MWN

SCENE

Bruhl sees parallels between his new films

Interview. Daniel Bruhl talks about how Rush and The Fifth Estate have startling similarities and gives some predictions on the WikiLeaks front

NED EHRBAR
Metro World News in Hollywood

Daniel Bruhl, right, has big supporting roles in two major films, including Rush. CONTRIBUTED

Daniel Bruhl is having a busy year. He quite handily steals two major premieres from high-profile co-stars in The Fifth Estate and Rush. Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late Formula One driver James Hunt (Chris Hemsworth) — but are really about Bruhl's characters — Assange fan-turned-partner Daniel Domscheit-Berg and disfigured racing legend Niki Lauda.

Bruhl tells us more and how the two films have a lot in common.

"There are some parallels between the films, because I'm playing two real characters," Bruhl explains.

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them. It's quite interesting to see. And then, of course, my roots help me because both of these characters are quite focused and German in a way: correct and reasonable and so on."

Similar

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them."

Daniel Bruhl
Talking about Rush and The Fifth Estate

It seems one thing led to the other for Bruhl.

"It's partly luck," he says. "I have to say that Ron (Howard) helped me a lot and supported me after making Rush and helped me get into the next movie. Because of — I don't know — good work, I suppose, in Rush, I was given the chance."

Bruhl adds that he's part of a bigger trend in film.

"In general, this change started a couple of years ago that we Germans or European actors get the real chance to play these great parts in American movies," he says.

"This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

Playing real, living people can be an odd experience.

"It was very strange to see Rush in London the other day with (Lauda)," he says.

"I mean, I watched him watching the movie. I got goose bumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theatre."

Despite doing a film on it already, Bruhl thinks the story of WikiLeaks is just beginning.

"It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says.

"All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations. I think we're drowning right now in information. This is a problem for everyone."

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Jessica Alba. ALL PHOTOS GETTY IMAGES

Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"

Neil Patrick Harris

NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter after.

"Looking forward to not hosting anything for a long time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED talk."

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also butt-slapped a twerking little person and sang into a banana microphone. I mean, we already have one Ke$ha. Do we really need another? MELINDA TAUB/MWN

Kanye West

What's next Kanye? You're bigger than Jesus?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1.

"I've got to a point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative person, as a celebrity … and I've been at it for 10 years," he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.' So that means, wait a second — now we're seriously, like, in a civil rights movement."

Twitter

@mindykaling
I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.

@TomArnold
Just bragged to my 5 month old that daddy knows Peyton Manning because I want him to love me.

@Real_Liam_Payne
Girls behind the hotel please get out the fields there's a huge sign saying snake habitat it's just not worth it someone's gunna get hurt

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The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI
Metro World News in New York

You don't need to head to Munich to toast to Oktoberfest. ISTOCK

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver
Denver, Colo.
Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff, will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest
Leavenworth, Wash.
Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga.
Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late- October fall foliage.

For the procrastinators

Tulsa Oktoberfest
Tulsa, Okla.
Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Canada's take on Bavaria

- **Kitchener/Waterloo.** Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

Insurance

When your sailing isn't so smooth...

ON THE MOVE
Loren Christie
life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

For a comprehensive travel insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between $100 and $125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance provider with you at all times. In order to receive a full reimbursement, you may be required to call the emergency contact before going to the hospital.

Travel insurance gives you security. ISTOCK

Oh, put a steak in it already

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

Ingredients

- 6 oz thinly sliced beef steak such as New York strip

Pesto Sauce

- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil
- 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic
- 3 tbsp chicken stock or water
- Dash of salt and pepper
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions
- 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas

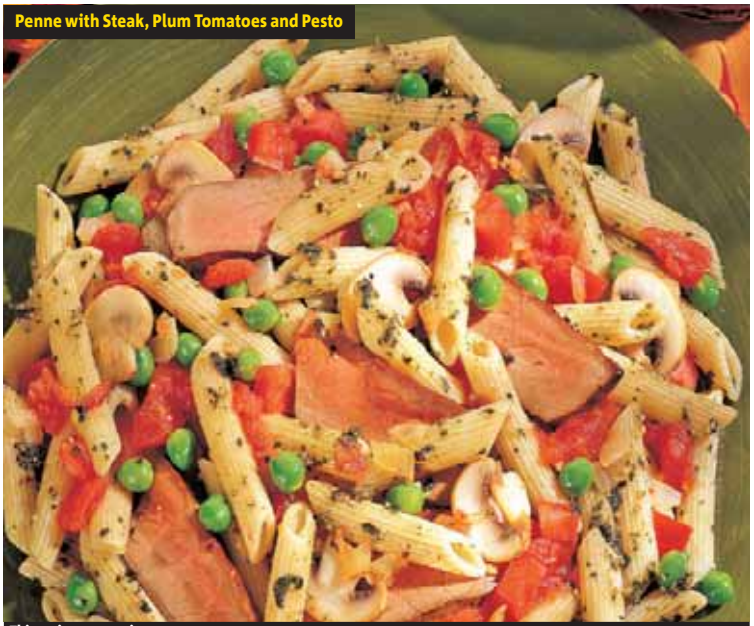
1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

2. Pesto: Put basil, olive oil, Parmesan, pine nuts and garlic in food processor; process until finely chopped. Gradually add the stock through the feed tube and process until smooth. Add salt and pepper. Put pesto in serving bowl.

3. In large pot of boiling water, cook the penne until tender but firm.

4. Meanwhile, heat oil in nonstick skillet over medium heat; cook garlic and onions for 4 minutes until brown. Add mushrooms and sauté for 4 minutes until tender. Add tomatoes and peas and cook for 2 minutes more to heat through.

5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve.



Penne with Steak, Plum Tomatoes and Pesto

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon.

PHOTO AND RECIPE COURTESY BELVEDERE

From sea to table: Spaghetti al Nero di Seppia with Clams

This bedazzling entrée is brimming with fresh clams, herbed shrimp and tossed with a blending of olives, wine, aromatic vegetables and exceptional Peperoncini Piccanti.

With its bold colour and delicate flavour, Nero di Seppia Spaghetti from Italy is the ideal pasta for this showstopper dish.

Ingredients

- 1/2 cup (125 ml) extra virgin olive oil
- 1 onion, diced
- 1- 1/2 sweet peppers, cored, halved and diced
- 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) pitted kalamata olives, halved
- 3 cloves garlic, minced
- 2 tbsp (25 ml) PC black label Peperoncini Piccanti
- 3 lb (1.5 kg) littleneck clams, scrubbed and well rinsed
- 2 cups (500 ml) dry white wine
- 1 pkg (454 g) PC Raw Zipper back Black Tiger Shrimp – Jumbo, thawed and peeled with tails left on
- 1 pkg (500 g) PC black label Nero Di Seppia Spaghetti
- 1/2 cup (125 ml) chopped fresh parsley

1. In large heavy-bottomed saucepan or Dutch oven, heat 1/4 cup (50 ml) of the olive oil over medium heat. Cook the diced onion, stirring, for 3 minutes. Add sweet peppers and 1/4 tsp (1 ml) of the salt; cook, stirring, for about 4 minutes or until very soft. Add pitted kalamata olives and minced garlic; cook for 1 minute. Stir in piccanti until combined.

2. Increase heat to high. Add clams; cook, shaking pan gently, for 2 minutes. Pour in wine; bring to a boil. Cover and steam for 1 minute. Add shrimp; cover and continue to cook for 4 to 5 minutes or until clams open wide and shrimp are cooked through. Remove from heat and discard any clams that do not open.

3. Meanwhile, in large pot of boiling salted water, cook spaghetti for 7 to 9 minutes or until tender but firm. Drain, reserving 1/3 cup (75 ml) of cooking water. Add spaghetti to clam mixture, tossing to combine. Transfer to large serving platter; toss with remaining olive oil, remaining 1/4 tsp (1 ml) salt, parsley and some of the reserved cooking water, if desired. Serve with additional piccanti on the side, if desired.

PRESIDENT'S CHOICE

This recipe serves eight. PRESIDENT'S CHOICE

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To bask in our digital dreams or to wake up and relish the real world?

Where is my mind? A digital media maven takes on the tough balancing act between technology and true life

YLVA VAN BUUREN
Metro World News

The trailer for Ramona Pringle's Avatar Secrets is being launched Thursday during a keynote talk by the producer and director at Social Media Week in Toronto. CONTRIBUTED

Producer/director Ramona Pringle. PROVIDED

"It's like we're living in the science fiction future right now, and the real stories are more incredible than fiction."

Producer/director Ramona Pringle, 31, took her words to heart when she created Avatar Secrets, an exciting 10-part interactive documentary project that is being developed as an iPad-based app.

Avatar Secrets is set in both the real world and the virtual world and is a combination of Pringle's real-life memoir, a graphic e-novel, and a documentary.

The premise of Avatar Secrets: If we dig a little deeper into the allure of video games and technology maybe we will uncover some of what we're missing in the real world.

Avatar Secrets is a bold project and certainly one of the reasons why Pringle was recently named one of Playback's 10 2 Watch in the new age.

A digital drug?

"We're not addicted to technology, we're addicted to each other."

- View the trailer for Ramona Pringle's interactive iPad documentary Avatar Secrets at metronews.ca/avatar — and keep an eye out for more from Pringle on Metro soon.

Pringle has worked as an actor and was in movies including Shoot 'Em Up and Cinderella Man. She has a master's degree in interactive telecommunications from New York University and today teaches interactive storytelling at Ryerson University. She has worked as a multiplatform producer for CBC, TVO, CTV and PBS.

Her other major project at this time is rdigitallife.com, an online hub that explores what it means to be human in today's digital world.

Here are Pringle's tips for living in the digital world:

The big draw of all our technologies is each other, so focus on the person, not the technology

Choose when and how to connect with people. For a heart-to-heart, nothing beats face-to-face; for conversing with an overseas relative, Skype may be best; for making plans with a friend, IM.

Engage fully whether you're online or offline

We are living in what I call the "hybrid reality" — constantly straddling the "real" world and the "digital" world. The challenge is to make sure that being in both worlds doesn't mean that we don't fully engage in either. Choose where you want to focus your attention — whether you're looking into a screen or someone else's eyes.

Empower yourself — don't let gadgets and apps control you

We have this reflex of checking messages when lights flash or there's a ping. Technology is here to stay but we can choose how, when, and where we engage instead of letting the machines make the decisions for us.

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VANKLEEK HILL OKTOBERFEST IS WUNDERBAR

The fifth annual Vankleek Hill Oktoberfest promises to be the best one yet, thanks to a stellar lineup of musicians, restaurants and family-friendly activities.

The festival — a celebration of craft beers, fresh food, family fun and live music — runs Oct. 4-5 at the Vankleek Hill Fairgrounds.

This year, evening musical acts include Kathleen Edwards, Sloan and the Sadies. During the day, there will be performances by Grammy award-winning polka king Walter Ostanak, the Alpenhorn Trio and the Maple Leaf-Almrausch Schuhplattlers.

Along with demonstrations and beer school, the festival features a number of fun competitions, including a keg toss, spouse carrying race, malt sack races, sausage eating contest, and the stein holding struggle. And back by popular demand is the Members of Barleyment homebrew competition.

For the young ones, and the young at heart, there is Kinderfest — a non-licensed family area with everything from a bouncy castle and toddler play area to activities such as break dancing and face painting, presentations by puppet masters and balloon sculptors, along with a parade and surprise games.

JASON CODE PHOTO

Organized by Beau's All Natural Brewing Company, the non-profit festival raises money for local charities. This year's charities include the Canadian Canoe Foundation, United Way Ottawa, Unshaven Mavens, and the VKH Agricultural Society.

THE BEAU'S STORY

While sipping beer one day, Steve Beauchesne and his father, Tim, discovered that they shared a dream of running their own brewery. A year later, they opened Beau's All Natural Brewing Company. Their first beer, Lug-Tread Lagered Ale, won a gold medal at the prestigious Golden Tap Awards in 2006 and Beau's has grown every year since. The company now makes a variety of craft beers and employs about 80 people.

"This year, we hope to raise about $75,000," says Steve Beauchesne, co-owner (with his father) of Beau's. "We've brewed some special beers and we're really looking forward to sharing them."

Oct. 5 is already sold out but advance tickets for Oct. 4 are available at beaus.ca. Bus packages from Ottawa, Montreal and Cornwall are available. Gates to the Vankleek Hill Oktoberfest open at 4 p.m. on Oct. 4 and 11 a.m. on Oct. 5.

Sens unmask Leafs in Toronto

Toronto Maple Leafs goalie James Reimer makes a save on Ottawa Senators forward Mark Stone, not shown, during first-period pre-season hockey action in Toronto on Tuesday. The Senators won 3-2. NATHAN DENETTE/THE CANADIAN PRESS

'We play for October': Pirates fans pumped

A fan holds on to some post-season shirts he bought in the Pittsburgh Pirates' store at PNC Park on Tuesday. KEITH SRAKOCIC/THE ASSOCIATED PRESS

MLB. Supporters flock to team's store to pick up hats, hoodies, T-shirts celebrating playoff berth

The image is seared into Pirates fan Chad Rowland's memory forever.

The slightly up-the-line throw from Barry Bonds. The dive to the plate by catcher Mike LaValliere. The textbook slide by Sid Bream. The Pittsburgh Pirates walking off the field in stunned silence after collapsing in the ninth inning of Game 7 of the 1992 NLCS. The Atlanta Braves piling on top of each other in jubilation on their way to the World Series. Even now, 21 years later, it still stings.

The tears were welling again on Monday night, this time for an entirely different reason. This time, the throw from the superstar outfielder was wisely cut off by the veteran first baseman picked up at the waiver deadline. This time, the catcher was positioned right on top of the plate. This time, the runner was out.

This time, finally, the Pittsburgh Pirates were on the right side of history.

One of the sport's most beleaguered franchises is back in the post-season. Pittsburgh clinched a spot in the NL playoffs on Monday night when catcher Russell Martin tagged out Chicago's Nate Schierholtz at home to end a thrilling 2-1 victory at Wrigley Field.

At a time of year when the Pirates are typically playing out the string and attention in the self-dubbed "City of Champions" turns to the Steelers and the Penguins, the Pirates — yes, the Pirates — are currently the hottest thing going.

THE ASSOCIATED PRESS

Pittsburgh pride

"It's big for them, it's big for our community.... It's just awesome."

Pittsburgh Steelers coach Mike Tomlin

Basketball

Canadian women win another rout

Shona Thorburn scored 15 points to lead Canada's women's basketball team to its second straight lopsided victory at the FIBA Americas Championship, a 93-51 rout of Chile on Monday.

The easy wins, said Thorburn, have provided the opportunity for the team to jell before the games get tough. THE CANADIAN PRESS

Hockey

Crosby's mom joins CWHL board

Sidney Crosby's mother, Trina, has accepted an invitation to join the board of the Canadian Women's Hockey League. She is making the move to become more involved in women's hockey because of a conversation with her 17-year-old daughter. THE ASSOCIATED PRESS

Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics. The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the games. THE ASSOCIATED PRESS

NBA

"I apologize. If you see me around town, come give me a hug, give me a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.

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Checking out a clean sheet of ice

The 2013-14 NHL season starts on Tuesday night. Here are six storylines worth following:

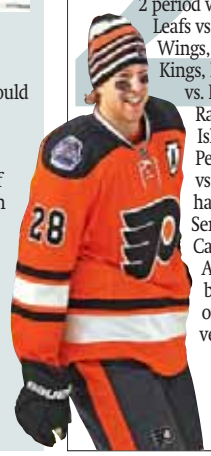
THE CANADIAN PRESS
Photos by Getty Images

Winter Olympics

Speculation on who should make 2014 Olympic squads, especially Canada's, will be rampant through the first half of the season. Players from the 12 countries that qualified for the Games in Sochi, Russia, will certainly have it in mind as they approach the Feb. 9 to 25 Olympic break.

Outdoor inflation

There used to be one outdoor game per season. This year there will be six. It may be overexposure, but the Jan. 1 to March 2 period will see Leafs vs. Red Wings, Ducks vs. Kings, Rangers vs. Devils, Rangers vs. Islanders, Penguins vs. Blackhawks and Senators vs. Canucks. All in baseball or football venues.

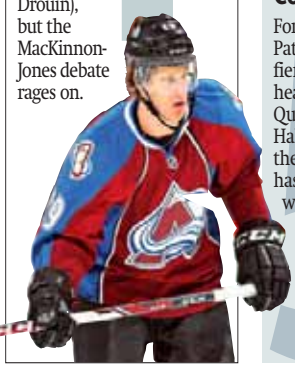


Fisticuffs

Is goon hockey back? It looked like it in some pre-season games, notably Toronto-Buffalo. The Leafs added muscle last year, the Sabres got the hulking John Scott and now even mild-mannered Montreal has signed George Parros. Hard to believe given that after the 2004-05 lockout, it looked like the enforcer was going extinct.

MacKinnon-Jones

The weeks leading up to the 2013 NHL draft were all about Nathan MacKinnon and Seth Jones. MacKinnon went first to Colorado, but Jones waited until fourth to go to Nashville. Two got picked in between (Alexander Barkov and Jonathan Drouin), but the MacKinnon-Jones debate rages on.

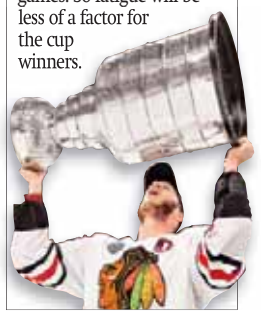


Roy era in Colorado

For the last eight years, Patrick Roy has been a fiery presence as GM and head coach of the junior Quebec Remparts. Now the Hall of Fame goaltender is the coach in Colorado, and has a say in management with old teammate Joe Sakic. With Roy's gusto and lots of young talent, the Avalanche won't go unnoticed.

Stanley Cup repeat?

There hasn't been a repeat Stanley Cup champion since the Red Wings in 1997 and 1998, but if another team does, it could be Chicago. They have the same core of Toews, Kane, Keith, Crawford, etc., as last season, when they played only 48 regular-season games. So fatigue will be less of a factor for the cup winners.



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	87	69	.558	7½
New York	82	74	.526	12½
Baltimore	81	75	.519	13½
Toronto	71	85	.455	23½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	66	.580	—
Cleveland	86	70	.551	4½
Kansas City	83	73	.532	7½
Minnesota	66	90	.423	24½
Chicago	62	94	.397	28½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	63	.599	—
Texas	85	71	.545	8½
Los Angeles	76	80	.487	17½
Seattle	68	89	.433	26
Houston	51	106	.325	43

Tuesday's results
Chicago White Sox at Cleveland
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
Houston at Texas
Detroit at Minnesota
Oakland at L.A. Angels
Kansas City at Seattle
Monday's results
Tampa Bay 5 Baltimore 4
Texas 12 Houston 0
Minnesota 4 Detroit 3 (11 inn.)
Chicago White Sox 3 Toronto 2
Oakland 10 L.A. Angels 5
Kansas City 6 Seattle 5 (12 inn.)
Wednesday's games — All times Eastern
Oakland (Straily 10-7) at L.A. Angels (Weaver 10-8), 3:35 p.m.
Chicago White Sox (Axelrod 4-10) at Cleveland (Salazar 1-3), 7:05 p.m.
Toronto (Rogers 5-8) at Baltimore (Norris 10-12), 7:05 p.m.
Tampa Bay (Price 8-8) at N.Y. Yankees (Hughes 4-13), 7:05 p.m.
Houston (Keuchel 6-9) at Texas (Perez 9-5), 8:05 p.m.
Detroit (Scherzer 20-3) at Minnesota (Correia 9-12), 8:10 p.m.
Kansas City (Santana 9-9) at Seattle (Iwakuma 13-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	64	.590	—
Washington	84	73	.535	8½
New York	71	85	.455	21
Philadelphia	71	85	.455	21
Miami	58	99	.369	34½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	92	65	.586	—
Cincinnati	90	67	.573	2
Pittsburgh	90	67	.573	2
Milwaukee	70	86	.449	21½
Chicago	65	92	.414	27

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	77	.506	11
San Diego	73	83	.468	17
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Tuesday's results
N.Y. Mets at Cincinnati
Milwaukee at Atlanta
Philadelphia at Miami
Pittsburgh at Chicago Cubs
Washington at St. Louis
Boston at Colorado
Arizona at San Diego
L.A. Dodgers at San Francisco
Monday's results
Cincinnati 3 N.Y. Mets 2 (10 inn.)
Milwaukee 5 Atlanta 0
Miami 4 Philadelphia 0
Pittsburgh 2 Chicago Cubs 1
St. Louis 4 Washington 3
San Diego 4 Arizona 1
Wednesday's games — All times Eastern
N.Y. Mets (Matsuzaka 2-3) at Cincinnati (Latos 14-6), 12:35 p.m.
Washington (Zimmermann 19-8) at St. Louis (Miller 14-9), 1:45 p.m.
Pittsburgh (Liriano 16-7) at Chicago Cubs (Arrieta 3-2), 2:20 p.m.
Milwaukee (Lohse 10-10) at Atlanta (Maholm 10-10), 7:10 p.m.
Philadelphia (Hamels 8-14) at Miami (Hand 1-1), 7:10 p.m.
Boston (Peavy 11-5) at Colorado (Oswalt 0-6), 8:40 p.m.
Arizona (Delgado 5-6) at San Diego (Kennedy 6-10), 10:10 p.m.
L.A. Dodgers (Nolasco 13-10) at San Francisco (Bumgarner 13-9), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

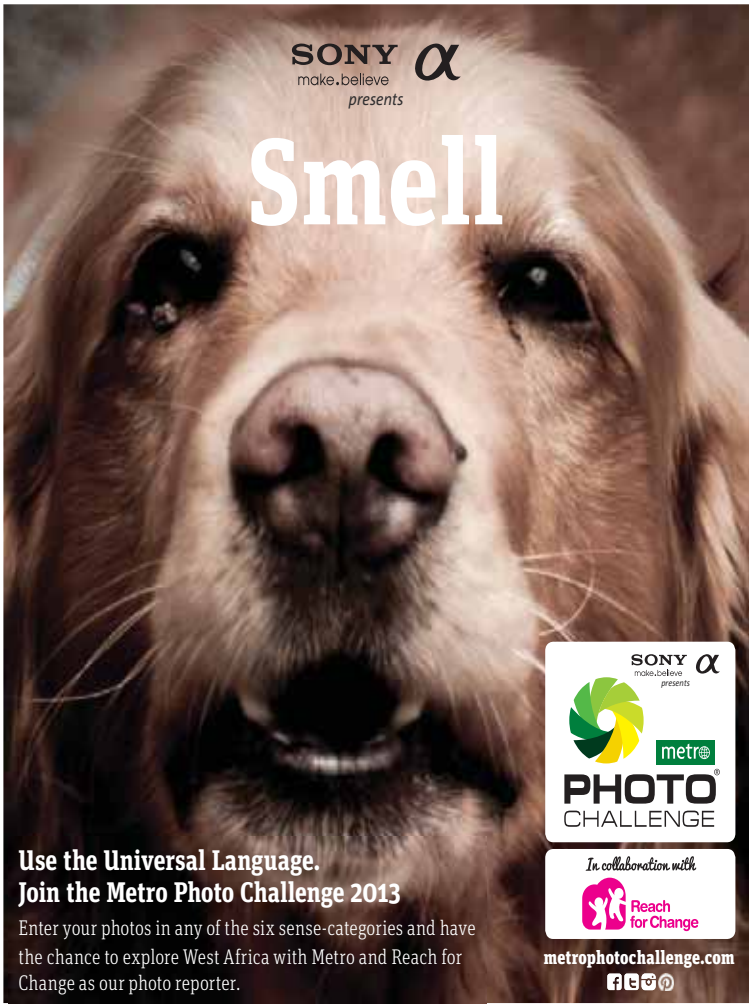
NFL

WEEK 4

Thursday's game — All Times Eastern
San Francisco at St. Louis, 8:25 p.m.
Sunday's games
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.



ALL OUT CLEAROUT

GET UP TO $5,625 IN TOTAL DISCOUNTS€◊

2013 Dodge Journey R/T AWD shown.§

2013 DODGE JOURNEY CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

2013 IIHS TOP SAFETY PICK

$19,995•

37 MPG HIGHWAY 7.7 L/100 KM HWY¤

PURCHASE PRICE INCLUDES $2,000 CONSUMER CASH,* FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

OR LEASE FOR $99 BI-WEEKLY♦ @ 4.99% FOR 60 MONTHS WITH $4,649 DOWN

OR CHOOSE

THE ULTIMATE JOURNEY PACKAGE

- Remote start
- ParkView® rear back-up camera
- 3.6 L Pentastar™ VVT V6 with 6-speed automatic
- Uconnect™ hands-free communication with Bluetooth®
- 2nd row overhead 9-inch screen

INCLUDES $3,625 IN PACKAGE SAVINGS!◊

PREMIUM SOFT-TOUCH INTERIOR | BEST-IN-CLASS STORAGE^ | PARKVIEW® REAR BACK-UP CAMERA | LARGEST TOUCH-SCREEN IN ITS CLASS^

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

REAL DEALS. REAL TIME.

Just go to **www.dodgeoffers.ca** to easily find special offers, incentives and current inventory from your nearest retailer.❖

CHRYSLER Jeep DODGE RAM

SiriusXM DODGE Caravan Kids PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

¤Based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. 2013 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: €, ◊, •, *, ♦, § The All Out Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 4, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595 – $1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €$5,625 in Total Discounts are available on the new 2013 Dodge Journey R/T model and consist of $2,000 Consumer Cash Discount and $3,625 in Ultimate Journey Package Savings. See your retailer for complete details. ◊Ultimate Journey Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Journey R/T with Ultimate Journey Package (JCES49 28X with AGV, AV1, AS4, GWG). Discount consists of: $2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) $1,125 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. •$19,995 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Examples: 2013 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995 leased at 4.99% over 60 months with $4,649 down payment, equals 130 bi-weekly payments of $99 with a cost of borrowing of $3,245.60 and a total obligation of $14,589.90. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. §2013 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: $31,640. ^Based on 2013 *Ward's* Middle Cross Utility segmentation. ❖Real Deals. Real Time. Use your mobile device to build and price any model. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

2014 Mitsubishi Outlander

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Easy on gas and your wallet. Could it find a home in your driveway?

MALCOLM GUNN
wheelbasemedia.com

There's a new face at Mitsubishi that should receive more than just a passing glance. The 2014 Outlander wagon has cleaned up its design act both inside and out for 2014, shedding its dated open-mouth look in the process.

In some respects, the largest vehicle in Mitsubishi's thinned-out fleet appears more like the second-gen edition that served the automaker for the 2007-'09 model years. The styling is much more contemporary, making the Outlander appear just as attractive from the rear as from the front. The 2014 edition still shares the previous Outlander's platform and basic dimensions — length, width and distance between the front and rear wheels — equating to nearly identical space for passengers and cargo as before. However the competition in this bracket is a tad roomier and it's a squeeze when accessing the optional third-row bench of the Outlander.

Regardless of seat assignment, all passengers will be treated to an improved environment. Mitsubishi has upgraded the seats, door panels and dashboard and added more cabin insulation for a quieter ride. As well, the split-folding second and available third rows have been redesigned to fold more easily. Overall, the Outlander has shed some 90 kilograms, which should be a boon to performance. The standard powerplant is a 2.4-litre four-cylinder that produces 166 horsepower and 162 pound-feet of torque. That's down slightly from before, but with the weight reduction it won't be noticed.

The four-cylinder is standard with the ES, while SE and GT S-AWC trims are fitted with a 3.0-litre V6 that delivers 224 horsepower and 215 pound-feet of torque. That's a drop of 15 horses, but it's dead even in torque. For reference, competing five and seven-passenger wagons have more output, and in some cases significantly more. The 2.4 is hitched to a continuously variable transmission that has been adjusted to more closely mimic a traditional multi-speed automatic, especially when accelerating from a stop. Meanwhile, the V6 has exclusive use of a six-speed automatic that has been updated for improved fuel economy.

Mitsubishi's "Super All-Wheel Control" (code for all-wheel drive) can be ordered with four-cylinder Outlanders, but is standard with the V6-equipped SE and GT. By mid-2014, Mitsubishi will introduce the Outlander PHEV (Plug-in Hybrid Electric Vehicle) with full-time all-wheel-drive.

With a starting price, including destination charges, of $27,700, the Outlander arrives with the usual basic kit. The SE model adds dual-zone climate control, rearview camera, push-button start and heated front seats. The GT S entices with a premium interior, audio package and bright xenon headlamps.

From that point the load factor can be increased with option packages containing heated leather-covered seats, power sunroof and a Rockford Fosgate-brand sound system, to name a few features. Other than providing room for as many as seven people, the Outlander's strengths might not be readily apparent until you consider its attractive refresh, content improvements and the appealing price tag. It's then that Mitsubishi's flagship wagon starts to make plenty of sense.

Softer materials and more cabin insulation improve the vehicle's interior.

2014 Mitsubishi Outlander

- **Type.** Four-door, front/all-wheel-drive wagon
- **Engines (hp).** 2.4-litre SOHC I4 (166); 3.0-litre SOHC V6 (224)
- **Transmissions.** Continuously variable; six-speed automatic (V6)
- **Base price (incl. destination)** $27,700

Safety

There's a host of available crash-avoiding electronic safety systems designed to keep you in your proper lane, alert you to approaching vehicles from adjacent lanes and help you maintain a safe distance from vehicles directly in front.

Fuel Economy

The four-cylinder engine rates 8.2 l/100 km in the city and 6.3 on the highway (down from 9.0/7.0). The V6 improves to 10.1/7.1 from 10.9/7.8. A driver-controlled "Eco" setting cuts some of the engine power and A/C functionality for further gains, however slight they might be.

Design

The front end returns to an understated and more aerodynamic appearance, which suits the vehicle better than the previous Lancer Evolution-style nose. Let's face it, a seven-passenger rally-race wagon wasn't fooling anyone. Leave that to the five-passenger RVR with its similar grille to explain.

Compare

1 Hyundai Santa Fe
Base price: $26,900

2 Chevrolet Traverse
Base price: $34,900

3 Toyota Highlander
Base price: $33,400

5 DRIVE

THE I CAN'T BELIEVE I CAN GET LEGENDARY HONDA QUALITY AT INCREDIBLY LOW PRICES DURING THE 2013 CLEAROUT SO I'D BETTER HURRY IN TODAY EVENT

The Honda Model CLEAROUT 2013 3/4

CIVIC 15 The best selling car in Canada for 15 years running.**

MODEL FB2E2DEX

2013 CIVIC DX
LEASE OR FINANCE BI-WEEKLY FOR
$88 @ 1.99% APR
$0 DOWN PAYMENT/OAC

LEASE FOR 60 MONTHS[12] WITH $0 SECURITY DEPOSIT. BI-WEEKLY LEASE ONLY AVAILABLE ON 48 & 60 MONTH TERMS. FINANCE FOR 84 MONTHS† $16,970 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

MODEL GE8G2DEX

2013 FIT DX
LEASE BI-WEEKLY FOR
$77 @ 1.99% APR
$1,430 DOWN PAYMENT/OAC

LEASE FOR 60 MONTHS[12] WITH $0 SECURITY DEPOSIT. BI-WEEKLY LEASE ONLY AVAILABLE ON 48 & 60 MONTH TERMS.

Named one of Car and Driver's 10Best for the 7th year in a row.

OR GET GREAT DEALS ON OTHER 2013 MODELS

LEASE OR FINANCE STARTING FROM 0.99% APR
ON SELECT 2013 HONDA MODELS. LEASE FOR 24 MONTHS[9] OR FINANCE UP TO 48 MONTHS.^

OR GET UP TO $5000*
CASH INCENTIVES ON OTHER SELECT REMAINING 2013 HONDA MODELS.

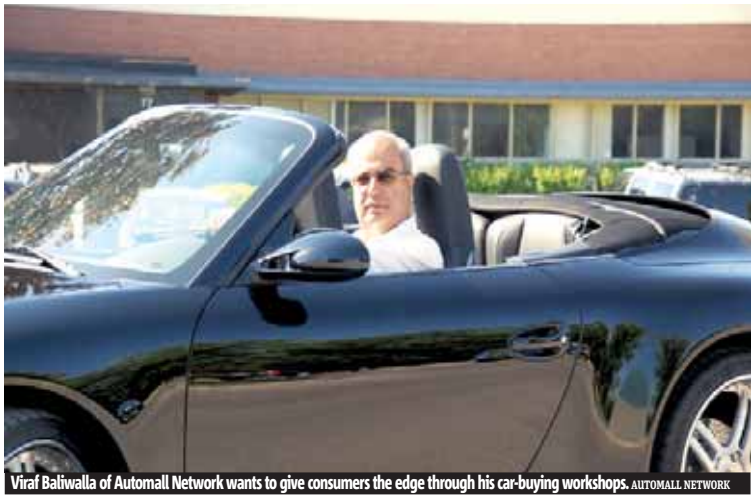
THE 2014s HAVE ARRIVED!
LEASE OR FINANCE STARTING FROM 1.99% APR
ON SELECT 2014 HONDA MODELS. LEASE FOR 24 MONTHS[9] OR FINANCE UP TO 36 MONTHS.[A]

HondaOntario.com
Ontario Honda Dealers

HONDA

Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Selling prices and payments include freight and PDI (ranges from $1,495 to $1,640 depending on 2013 model and $1,695 on advertised 2014 models), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic and Fit DX models), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration. [12]Representative bi-weekly lease example: 2013 Civic DX Sedan (Model FB2E2DEX) on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. Bi-weekly payment is $87.40 with $0 down or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,362.23. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. †Representative bi-weekly finance example: 2013 Civic DX Sedan (Model FB2E2DEX) on an 84 month term with 182 bi-weekly payments at 1.99% APR [including $1,600 Finance incentive and $431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970. Cost of borrowing is $1,077.28 for a total finance obligation of $16,016.28 with $0 down or equivalent trade-in. ^Limited time 0.99% APR lease offers on a new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 // 24 // 36 months. Representative lease example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% lease APR, the monthly payment is $440.70 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $10,576.80. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. ˜Receive 0.99% purchase financing on any new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) models for a maximum of 36 // 48 // 24 // 48 // 24 // 48 months. Representative finance example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% APR and complete price of $25,765, the monthly payment is $1,084.65. Cost of borrowing is $266.60 for a total finance obligation of $26,031.60 with $0 down or equivalent trade-in. [9]Limited time 1.99% APR lease offers on a new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 24 // 24 months. Representative lease example: 2014 Odyssey LX (Model RL5H2EE) on a 24 month term at 1.99% lease APR, the monthly payment is $592.44 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $14,218.56. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [A]Receive 1.99% purchase financing on any new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 36 // 36 months. Representative finance example: 2014 Odyssey LX (Model RL5H2EE) on a 36 month term at 1.99% APR and complete price of $31,820, the monthly payment is $911.27. Cost of borrowing is $985.72 for a total finance obligation of $32,805.72 with $0 down or equivalent trade-in. *$1,000 // $1,500 // $2,000 // $1,500 // $2,000 // $3,500 // $2,000 // $2,500 // $4,000 // $5,000 // $5,000 customer cash incentive is valid any new 2013 Fit (except DX, model GE8G2DEX) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Accord Coupe (except EX Coupe 6MT, model CTA7DJ) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan, models CR2E3DE, CR3F8DJN and CR3F9DKN) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX 2WD and EX-L 2WD (models TF3H3DJ, TF3H5DJNX) // 2013 Crosstour EX-L 4WD and EX-L 4WD NAVI (models TF2H5DJNX, TF2H5DKNX) // 2013 CR-V (except LX 2WD, model RM3H3DES) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between September 4th and September 30th, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.

Be top of the class and learn to haggle like a pro



Viraf Baliwalla of Automall Network wants to give consumers the edge through his car-buying workshops. AUTOMALL NETWORK

Autopilot. Consumer advocate Viraf Baliwalla has created the first workshop in car buying, allowing you to be one step ahead of the dealers

AUTO PILOT
Mike Goetz
drive@metronews.ca

New research suggests that some car buyers will negotiate better if they get all sweaty first. This is not about potentially using body odour and/or unsightly pit stains to force car sellers to cave in early during the negotiation process.

According to the MIT researchers, it's all about how "physiological arousal" — expressed as an increased heart rate and body sweat induced by running or fast walking just before a negotiation experience — can make some people perform better when it comes to hammering out the deal.

Unfortunately it just seems to work for people who look forward to negotiation. The arousal makes them feel "revved up" for the competition.

For research participants who dreaded negotiating, "arousal" had the opposite effect. Increased heart rate and sweaty palms only increased their nervousness, and they almost always reported being bummed out about their subsequent negotiation experiences.

So the folk wisdom to always go into these situations "cool as a cucumber" may have to be revisited, especially if you like to haggle.

Of course, there is another big tool you can leverage to get a better deal on a car — just learn how do to it properly.

One place you're not going to learn how to do it is in the dealership, when you're in the middle of negotiations, says Viraf Baliwalla, a consumer advocate and president of Automall Network, a vehicle buying agency.

"It is not the salesperson's job to educate the buyer, it is their job to try and sell you a car," says Baliwalla.

He notes another reason not to look to your salesperson as your confidant: "The auto industry has conditioned us to buy in a certain way ... a way that favours the auto industry."

He says this is not "dealer bashing," only telling consumers the reality of the marketplace, where they need to be as prepared as the person is sitting across from them at the negotiation table.

To this end, he has created one of the first workshops in the country on car buying. The first one will be held this Saturday at the Kitchener-Waterloo campus of Conestoga College in Ontario (Course Code GINTO292 Car Buying — Saving You Money).

Followup workshops at Conestoga are planned for November and January, and in Toronto for the 2014 winter term.

An online version of the workshop is planned to be available to all consumers across North America sometime in the New Year.

The course will cover the tips and tricks of the auto trade, the process they will experience at the dealership and some number crunching too.

As an example, he notes how consumers typically choose a zero per cent financing option over a cash purchase rebate, even though in some cases they would save thousands by getting their own car loan at their bank at the going interest rate, and grabbing that big cash incentive. It's all in the numbers.

Knowledge sounds like a better tool in the long run than relying on a fast heart rate and a bit of sweat to swing the negotiation in your favour, but it's your call.

KIA

GET PAID TO UPGRADE

UP TO AN EXTRA $1,000

UP TO AN EXTRA $1,000

SEPTEMBER 20TH TO 30TH

ON ALL IN-STOCK KIAs

10 DAYS ONLY!

Rio4 SX with Navigation shown△

2013 RIO 4-DOOR

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

WAS ~~$87~~

EXISTING DISCOUNT
$900
LOAN SAVINGS

UPGRADE BONUS $500¥

NOW $79≠ BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, **$900 LOAN SAVINGS and $500 UPGRADE BONUS¥**. Offer based on 2013 Rio 4-door LX MT with a purchase price of **$15,783**.

Optima Hybrid Premium shown△

2013 OPTIMA HYBRID

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.4L/100KM

WAS ~~$31,983~~

EXISTING DISCOUNT
$6,600
CASH SAVINGS

UPGRADE BONUS $1,000¥

NOW $24,383'

Offer includes delivery, destination, fees, **$5,600 CASH SAVINGS, $1,000 ECO-CREDIT and $1,000 UPGRADE BONUS¥**. Offer based on 2013 Optima Hybrid Base with a purchase price of **$31,983**.

Sportage SX shown△

2013 SPORTAGE

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM
AVAILABLE ALL-WHEEL DRIVE

WAS ~~$133~~

EXISTING DISCOUNT
$1,000
LOAN SAVINGS

UPGRADE BONUS $750¥

NOW $123≠ BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, **$1,000 LOAN SAVINGS** and **$750 UPGRADE BONUS¥**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of **$24,178**.

Rondo EX Luxury shown△

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM
7 PASSENGER SEATING AVAILABLE

WAS ~~$131~~

INCLUDES

UPGRADE BONUS $1,000¥

NOW $126≠ BI-WEEKLY

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$1,000 UPGRADE BONUS¥**. Offer based on 2014 Rondo LX MT with a purchase price of **$23,893**.

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

Best Global Brands 2012 Interbrand

KIA ENTERS 50 BEST GLOBAL GREEN BRANDS.
Best Global Green Brand 2013

Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

KIA
The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by September 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes, variable dealer administration fees (up to $399) and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Bi-weekly finance payment O.A.C. for new 2013 Rio4 LX MT (RO541D)/2014 Rondo LX MT (RN65IE)/2013 Sportage 2.4L LX MT FWD (SP53ID) based on a selling price of $15,783/$23,893/$24,178 is $79/$126/$123 with an APR of 0% for 60/84/60 months, amortized over an 84-month period. Offer includes loan savings of $900/$0/$1,000. Estimated remaining principal balance of $4,109/$0/$6,408 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. 'Cash purchase price for 2013 Optima Hybrid Base (OP74AD) is $24,383 and includes savings of $6,600 and an upgrade bonus of $1,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Savings of $6,600 is made up of $5,600 cash savings and a $1,000 Eco-Credit. Retailer may sell for less. ¥Upgrade Bonus of $500/$1,000/$1,000/$750 is available on all cash, finance and lease offers of new 2013 Rio4 LX MT (RO541D)/2013 Optima Hybrid Base (OP74AD)/2014 Rondo LX MT (RN65IE)/2013 Sportage 2.4L LX MT FWD (SP53ID) from a participating dealer between September 20-30, 2013, and is deducted from the selling price before taxes. Customers will receive a cheque in the amount of $500-$1,000 (excluding taxes) or can apply it to the selling/lease price before taxes. See your dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2013 Rio4 SX with Navigation AT (RO748D)/2013 Optima Hybrid Premium (OP74BC)/2014 Rondo EX Luxury (RN75SE)/2013 Sportage 2.0T SX Navigation (SP75ID) is $23,450/$37,550/$32,395/$39,145. ^Highway/city fuel consumption is based on the 2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Optima Hybrid 2.4L 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T)/2013 Sportage 2.4L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

THEORETICALLY YOU'RE ALMOST TOO LATE

2013 XV CROSSTREK

2013 IIHS TOP SAFETY PICK

JAPANESE ENGINEERING FROM

$26,423*

$269 LEASE PAYMENT FOR **39** MONTHS*

$2,781 DOWN* | 0.9% LEASE RATE*

ALL-WHEEL DRIVE STANDARD

2013 IMPREZA 2.0i

2013 IIHS TOP SAFETY PICK

alg Best Compact Car 2013 Subaru Impreza*

JAPANESE ENGINEERING FROM

$21,923*

$199 LEASE PAYMENT FOR **48** MONTHS*

$2,695 DOWN* | 0.9% LEASE RATE*

ALL-WHEEL DRIVE STANDARD

2013 LEGACY 2.5i

2013 IIHS TOP SAFETY PICK+ (Built after August 2012)

SUBARU $500‡

JAPANESE ENGINEERING FROM

$26,723*

Clear-out finance rates from as low as **0.5%!**

ALL-WHEEL DRIVE STANDARD

SUBARU
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♦Ratings of "Good" are the highest rating awarded for performance in five safety tests (moderate overlap front, small overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in the moderate overlap front, side, rollover and rear tests. To earn a 2013 TOP SAFETY PICK+, a vehicle must receive a "Good" rating in at least four of the five tests and a "Good" or "Acceptable" rating in the fifth test. 2013 Legacy models have received an IIHS TOP SAFETY PICK+ rating for vehicles built after August 2012. •Based on ALG's 2013 Canadian Residual Value Award for Best Compact Car. ‡$500 My Subaru Rewards Card offer applies to qualifying new 2013 Outback and 2013 Legacy lease or purchase transactions until January 3, 2014. Customer must complete an online or mail-in registration to receive offer. The $500 prepaid credit card has a 24-month expiry period and is valid at participating Subaru dealerships towards the purchase of parts, accessories, services and certain extended warranties. Not transferable or convertible to cash or vehicle discount. Terms and conditions apply. Please see dealer or www.mysubarurewards.ca for details. *MSRP of $24,495/$19,995 on 2013 XV Crosstrek Touring Package (DX1 TP)/2013 Impreza 2.0i 4-door (DF1 BP). Lease rate of 0.9%/0.9% for 39/48 months. Monthly payment is $269/$199 with $2,781/$2,695 down payment. Option to purchase at end of lease is $13,436/$9,944. MSRP of $24,795 on 2013 Legacy 2.5i (DA2 BP), with finance rates available from 0.5%. Advertised pricing consists of MSRP plus charges for Freight/PDI ($1,595), Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2013 XV Crosstrek Limited Package (DX1 LP) with an MSRP of $28,995. 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of $26,895. 2013 Legacy 3.6R Limited (DA2 LN6) with an MSRP of $34,695. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at $0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until September 30, 2013. See your local Subaru dealer for complete program details.

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Horoscopes

♈ Aries
March 21 - April 20
Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll be out of mind as well.

♉ Taurus
April 21 - May 21
The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

♊ Gemini
May 22 - June 21
You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

♋ Cancer
June 22 - July 23
Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities your way but you may miss them if your mind is stuck on trivia.

♌ Leo
July 24 - Aug. 23
Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

♍ Virgo
Aug. 24 - Sept. 23
You give people the benefit of the doubt but there could be problems if you trust too easily today. If you are asked to give your blessing to a project, demand to know more first.

♎ Libra
Sept. 24 - Oct. 23
The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

♏ Scorpio
Oct. 24 - Nov. 22
Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would be wise to recognize that.

♐ Sagittarius
Nov. 23 - Dec. 21
No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

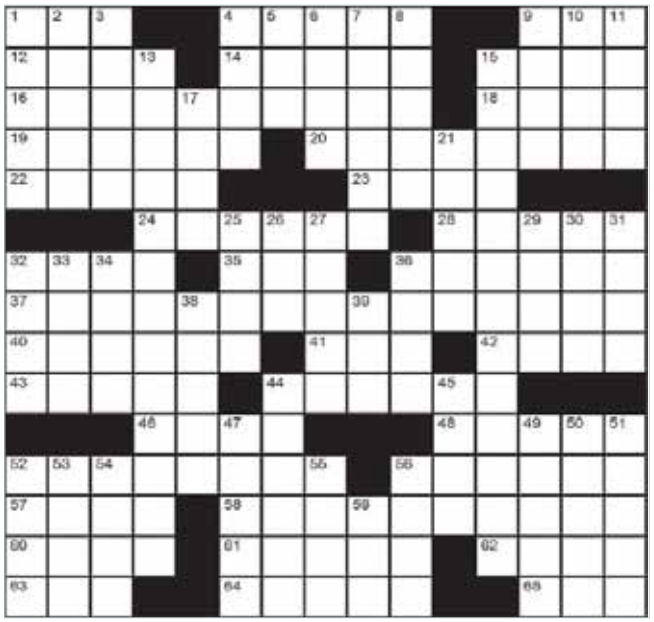
♑ Capricorn
Dec. 22 - Jan. 20
You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

♒ Aquarius
Jan. 21 - Feb. 19
A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

♓ Pisces
Feb. 20 - March 20
Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? SALLY BROMPTON

Crossword: Canada Across and Down

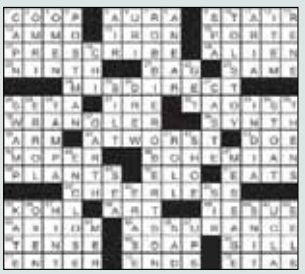
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Noise, for short
4. Minestrone, and others
9. Fancy affairs
12. Ode, for one
14. Actress Ms. Raymonde
15. American state
16. Canadian comedian hosting new trivia game show "Spin Off": 2 wds.
18. Hairstyling hues
19. BC's __ Valley
20. Canadian current events magazine
22. British explorer-in-Canada Mr. Hudson
23. Canadian figure skater Patrick
24. Nova Scotia's provincial bird
28. Particulars
32. Hail _ __ (Taxi!)
35. L'Isle-__-Coudres, Quebec
36. Pot holder
37. Make the history books by winning a race in what?: 3 wds.
40. Arctic-set silent documentary film of 1922, "__ of the North"
41. Iron's partner
42. Original matter, in Cosmology
43. Plods along
44. Aim
46. Wild cherry
48. "Pardon me..." [pl.]
52. Updated versions
56. Be inconspicuous: 2 wds.
57. Joanie's portrayer
58. Be a Member of Parliament, for instance: 2 wds.
60. PBS culinary show, "Simply __"
61. Linda of "Dynasty"
62. Marijuana puff
63. Positive response
64. French painter Edgar (b.1834 - d.1917)
65. Kitchen meas.

Down
1. Canadian rapper, __ K
2. __ prosequi (Not proceeding, in law)
3. Canadian broadcaster Mr. Soltendieck
4. Comic books legend Mr. Lee
5. Katharine Hepburn's tree
6. E pluribus __ (Out of Many, One)
7. High†seas robbery
8. Louis Armstrong nickname, Ambassador __
9. ELO hit: 2 wds.
10. Actor Mr. Wilson
11. Canadian singer Ms. Jordan
13. Twitter = __ site
15. 21st-century crime: 2 wds.
17. Mr. Romano's
21. Scottish landowner
25. City's green area
26. Ms. McClanahan
27. Former prisoner, commonly
29. Santana's "__ Ways"
30. Same: French
31. Base
32. Grass appendages
33. "__ Miner's Daughter" (1980)
34. River of Florence
36. Maple, for one
38. Amounts of medicine
39. Food fragment
44. Struck by Cupid's arrow: 2 wds.
45. Newbie
47. Sounded satisfied
49. Silas Marner author, George __
50. Razzes
51. Tidy the floor
52. Winnipeg-born singer Mr. Shand
53. Fort __, Ontario
54. Wines: French
55. Smelting waste
56. Deprivation
59. Genetic letters

Yesterday's Crossword

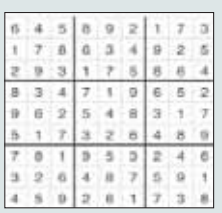


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				6			
4			5	7		3	1	
5		1					9	
	2	6		4				
			9		2			
				5		8	2	
	7					1		9
	1	4		2	8			6
			7				3	

Yesterday's Sudoku



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Gold Buying Prices by Karat

Karat	Price/gram
1 ounce (9999) Maple Leaf Coins (sealed)	$1,313.44/coin
9999 Canada Maple leaf, less than 1 ounce	$42.23/g
24k Jewellery	$32.73/g
22k	$29.98/g
E. Indian/Nuggets	$26.58/g
18k	$24.55/g
Dental Gold (yellow)	$19.97/g
14k	$19.08/g
10k	$13.62/g
9k	$12.27/g
Unstamped Gold <10kt	$10.47/g
Dental Gold (white)	$8.18/g

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Sovereign	$272.15

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	$22.26/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.43/g
Stamped Sterling Silver Jewellery	$0.41/g
Mexican Silver stamped 925	$0.34/g
Stamped 800 Silver	$0.33/g
Unstamped scrap silver	$0.22/g
Other silver coins	$0.46/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2013-09-24, 18:06:03 PM
For up to date prices and items, please visit us at **ottawagold.ca/what-we-pay**

Example Purchase 1: Gold Sovereign

Purity: 22k • Weight: 7.99g
PRICE: $239.54

Example Purchase 2: Gold Ring

Purity: 18k • Weight: 9.36g
PRICE: $229.79

Example Purchase 3: Silver Spoon

Purity: Stamped Sterling Silver Flatware
Weight: 50g
PRICE: $21.50

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